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MMA is actually safer
than football. 12

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WHO WON THE RED CARPET?

Our top picks for best dressed. 8



Does networking have
to be awkward? 10

A large, close-up photograph of a young boy with dark skin and curly hair, wearing a grey shirt, looking down at a cello he is playing. He is wearing a white bow tie. In the background, there are colorful geometric shapes and a purple book.

KEEPING THE MUSIC ALIVE

The Roxbury Youth Orchestra is trying to
raise \$15,000 through crowdfunding. 6

KILLED FIRST DAY ON JOB

1 A Virginia police officer was fatally shot during her first day on the job and two of her fellow officers were wounded when they responded to a domestic disturbance in a Washington, D.C., suburb, authorities said on Sunday. Ashley Guindon, a rookie officer on the Prince William County Police, was struck by gunfire and later died of injuries sustained during the incident on Saturday evening, a day after she joined the force, the department said. **REUTERS**

**4 STABBED AT KKK RALLY**

2 Four people were stabbed, one of them critically wounded, on Saturday in a scuffle between members of the Ku Klux Klan and counterprotesters near a planned KKK rally in Anaheim, California, police said. Thirteen people were arrested following the melee, including one Klan member who was accused of stabbing a counter-protester with a flagpole, said Anaheim Police Sergeant Daron Wyatt. Several counterprotesters were taken into custody after stomping a Klan member on the ground, Wyatt said. **REUTERS**

NEW DATA PACT WITH EU

3 The U.S. has set out limits to its use of data collected in bulk about European citizens after a new information-sharing pact was agreed this month, according to documents seen by Reuters. A clear explanation of what information could be used for — preventing its “indiscriminate” and “arbitrary” use — was a key condition of the new Privacy Shield framework that enables firms to easily transfer personal data to the United States. **REUTERS**



7 THINGS YOU NEED TO KNOW

SULLIVAN'S OPENING

7 Hundreds lined up to eat at Sullivan's at Castle Island in South Boston, which opened its doors for the 65th season this weekend. For many locals, the opening is a sign that spring is just around the corner.

MAIN PHOTO BY NICOLAUS CZARNECKI, ALL OTHER PHOTOS BY GETTY IMAGES

TEEN SENTENCED 40 YEARS

4 A Massachusetts judge sentenced a teenager convicted of raping and murdering his high school math teacher to serve at least 40 years in prison, and the victim's father called the killer "pure evil." Philip Chism, 17, was convicted in December of killing Colleen Ritzer, a 24-year-old math teacher at his suburban Boston high school. The sentence of life in prison, with the possibility of release after 40 years, was less than the 50 years prosecutors had asked Essex County Superior Court Judge David Lowy to impose. **REUTERS**

BYSTANDER HELPS COPS

5 A bystander in Hyde Park helped Boston police recover an illegal revolver, the department said Sunday. Police responded to a tip about a man threatening someone with a gun in the area of 11 Linwood Street near Henry Grew Elementary School, according to a police report. Shortly after, officers stopped Jonathon Young, 22, of Mattapan, who matched the suspect description described to police, the report said. **REUTERS**

**MISSING WALTHAM MAN**

6 A second missing person case this winter may have police looking to the Charles River. Waltham police on Saturday announced the disappearance of 66-year-old Moody Street resident Leonard Quirk, who was last seen near a Rite Aid pharmacy walking toward the water on Tuesday, Feb. 16, spokesman Lt. Tim Maher told Metro. The investigation now involves a partnership with state police, due to the proximity of his last known location to the river, Maher said. He couldn't provide additional details. **SPENCER BUELL**

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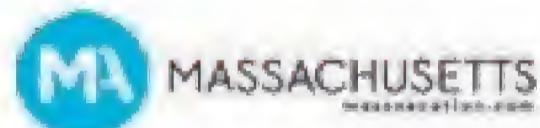
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Suspicious death in Chelsea investigated

A 34-year-old man was found lying on the sidewalk on Cottage Street Sunday morning.

 SPENCER BUELL
@MetroBOS
spencer.buell@metro.us

A section of Cottage Street in Chelsea was marked off with police tape on Sunday as officers investigated a suspicious early morning death.

Police were called to 83 Cottage St. just before 5 a.m. Sunday, where officers found a 34-year-old male Chelsea resident lying on the sidewalk, according to a blog post on the Chelsea Police Department's website.

The man was not identified as of deadline Sunday. He was pro-



Chelsea Police are investigating the death of a person outside 83 Cottage St. on Sunday morning. NICOLAUS CZARNECKI

nounced dead at Whidden Hospital in Everett, the report said.

A blue piece of clothing lay on the ground inside the area being investigated Sunday morning, and a yellow evidence marker had been placed on a stoop near the Cottage Street residence's entrance.

The release did not say whether the man

was injured.

The Suffolk County District Attorney's Office is now investigating the man's death, described in the release as protocol for "suspicious" cases.

There were no more details to report early Sunday afternoon, but the department said the D.A.'s office would provide more updates at an unspecified time.

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BOLARIS' WEATHER WATCH: MILD EARLY THIS WEEK, BUT THEN...

The months of December, January and February are considered the winter season as far as climatologists go, which means the meteorological winter ends today.

For everyone else, winter ends on the vernal equinox of March 20 – popularly known as the official arrival of spring. That doesn't mean we can't get hit with a rare snowstorm in April, or have a wet snow falling on opening day of baseball season.

Back to the grind, Monday is looking pretty good, just the chance of a passing shower or two, most of us will remain dry as temps will remain on the milder side into the mid-50s.

March will arrive Tuesday with good deal of sun along with read-

Bolaris' Weather Watch


JOHN BOLARIS
@weathersavior

ings kissing 50 degrees.

Getting over the hump on Wednesday, grab the umbrella as you will get wet, and it will be quite windy as well, still on the mild side just above 50.

Back into the chill on Thursday as the mercury drops back into the 30s, so grab a coat.

On Friday, some models are strongly suggesting a storm to take shape along the Carolina coastline (the European model is the most intense and closest to the coast), however with the North Atlantic oscillation being in

the positive phase, this should allow the storm to escape out to sea. The chances of significant snow at this time remain quite low. You can follow my Twitter account, @weathersavior, in case of any changes.

The American model, not so much as it has been waffling from a powerful storm along the Carolinas on Friday morning to absolutely nothing.

Looking at other models and global factors, right now I do not see a serious threat, with the chances of significant snow on Friday at low levels. For Boston, I see a minimal threat.

I will continue to watch it closely and if anything changes you can always catch my latest thinking on Twitter @weathersavior.

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Roxbury Youth Orchestra turns to crowdfunding

The after-school orchestra gives young Boston musicians a shot at learning a string instrument.



SPENCER BUELL
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Up in the fourth-floor cafeteria at Roxbury's O'Bryant School last week, David France had split five young musicians into two groups.

In one corner, two clapped along to a beeping metronome.

In another, three played through a few measures of a tune, again and again, until they got the section just right: the right bow placement, the right notes, the right attitude — that extra oomph on the down-beat when the song bursts into its theme.

"That's great," France said when the trio nailed it, his own violin clutched in his left hand as he prepared to play along. "Let's do it two more times."

Five days a week for three hours a day, the Roxbury Youth Orchestra meets here, its 20 members — pre-teens to early 20-somethings — passing through three days a week in chunks of a half-dozen or so, practicing their skills on pricey



David France, leader of the Roxbury Youth Orchestra helps Jeanice Tavares practice the cello at the John D'O'Bryant School of Math and Science. ALL PHOTOS NICOLAUS CZARNECKI

instruments provided for next-to-nothing.

For the privilege, they pay \$60 for two terms of instruction. It's a bargain compared to what most youth musicians' parents would pay for that much attention from a skilled instructor. But it doesn't pay for it all — the trips, the snacks, the repairs — and it doesn't pay France or his rotating team of volunteers more than a small stipend.

And it can't sustain the program forever. So for the first time since its inception three years ago, France is asking for crowdfunded cash on Indiegogo to keep the program going.

"Orchestra in the

"If you can play the violin, one of the hardest instruments in the world, you're gonna believe that you can do anything."

France

Hood," he calls the campaign. They need \$15,000, he said. They're about halfway there.

"We don't really have much," said Shirley Wong, a 20-year-old Simmons sophomore who's been with the program since she was in high school. "We're not asking for much either. We're just asking for our teachers, our instru-

ments and our peers."

The Roxbury Youth Orchestra stands out. There isn't another program like it in the city, France said. There isn't enough demand, let alone room in the budget, to teach string instruments in most Boston schools. Many families, in a district where three out of four students qualify as low-income, can't afford lessons.

Apart from Boston Public Schools letting France use the cafeteria space, he relies solely on donors — some of whom throw him coins and dollar bills when he plays in MBTA stations, often five days a week.

Other benefactors he meets online, where he has a wide following. In the Twitterverse, he said proudly, he's the top influencer of the hashtag #YouthOrchestra.

A follower once sent him a violin from the Netherlands. Another flew him to Chicago, where, in exchange for leading seminars and coaching another after-school program's founder, he got to take a bundle of equipment back to Boston.

But many of the donated instruments need repairs France can't afford. And his six volunteer instructors, only three of whom are paid anything at all, deserve to be compensated for their time and energy, he said.

His students don't just learn, they perform —

sometimes for big audiences. They've toured as far as Portland, Maine, and played at local colleges and the Museum of Fine Arts. France said in 30 concerts over three years, more than 10,000 people have heard them play.

Some of their songs, about a third, are originals.

It "builds confidence," France said, to walk into an after-school club one day, then play the classics, hip-hop and funky, one-of-a-kind tunes at Harvard or North Station in a few short months.

It also forms bonds, the way only a band can, he said.

"We play together as a family," said Nardos Gosaye, 16. "That's the main thing that I'm here for, really, besides playing the violin."

It doesn't matter whether any of his students become professional musicians, France said. Music makes youth "intrinsically motivated," he said, and that lasts in any environment.

RYO's fund-raiser on Indiegogo has two weeks remaining. It's also accepting spare instruments. And students.

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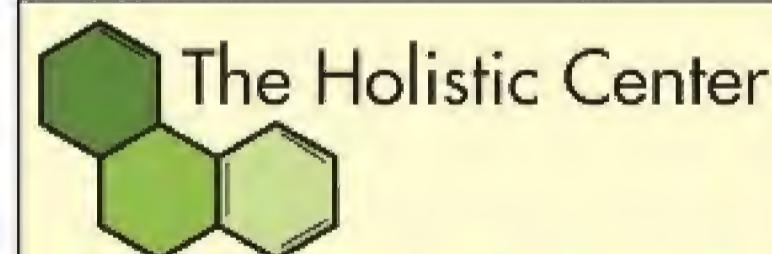
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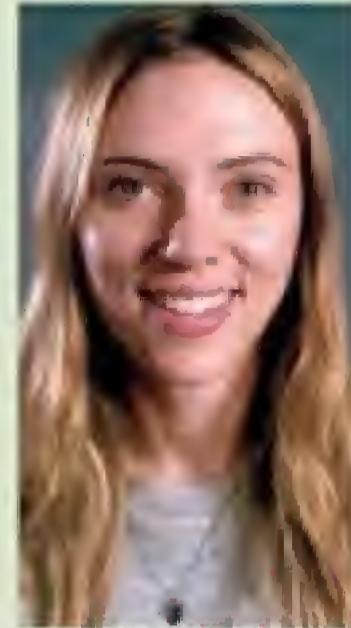
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Scarlett Johansson posts a 'normal' photo of herself

Scarlett Johansson has a message for young women about the Hollywood image machine, and she made it by posting an untouched, makeup-free photo that's supposed to be unflattering (I guess?) but still looks pretty amazing because she's ScarJo. Still, it's the thought that counts. "I have seen young girls follow celebrities and try to be one of them. They try to attain perfection, have the perfect body, perfect skin tone. They aren't fully aware of the fact that behind the looks there are a lot of designers, makeup artists, and Photoshop/video editing. Their whole sense of beauty is flawed," Johansson writes. "You should be carefree. Love the real you. The way you are so that even if you



@SCARLETTJOHANSSON/FACEBOOK

are without makeup, you can look into the mirror and with a big smile embrace your imperfections. Just imagine if you don't even love yourself how do you expect anyone to love you. So first and foremost learn to love yourself by being who you are and not what the world wants you to be."

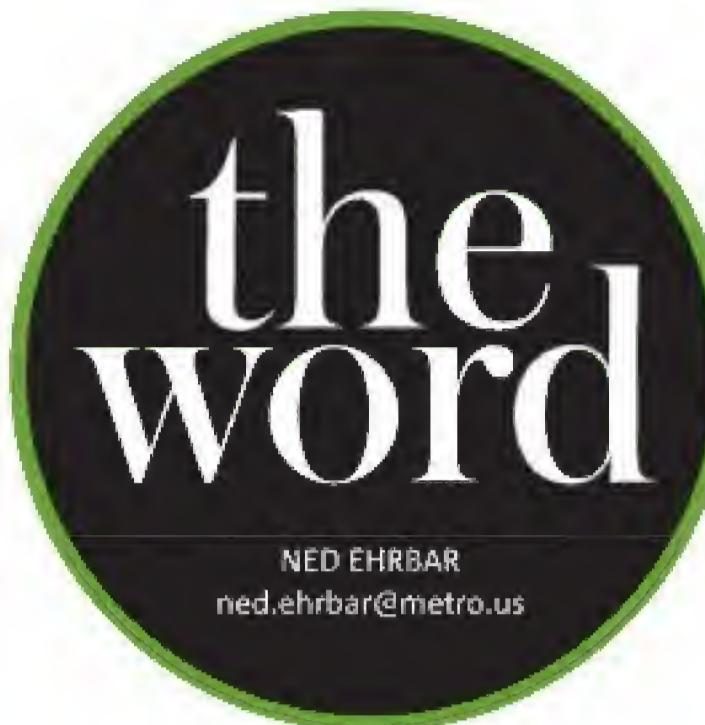


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Kesha takes a much-needed vacation

In the wake of a pretty tumultuous week of courtroom defeats, surprise Taylor Swift funds and celebrity support, Kesha did what any sane, embattled pop star would do: She jetted off to the Bahamas with her boyfriend. Just one day after posting a song thanking her supporters



GETTY IMAGES

online, Kesha and Brad Ashenfelter were spotted sporting pretty big smiles as they made their way through LAX to board a flight to the tropics. And paparazzi photos have shown the pair having a well-deserved relaxing time in Turks and Caicos this weekend.

How about a '7th Heaven' cast reunion?

"X-Files," "Full House," "Gilmore Girls" — TV show reunions and relaunches are getting pretty common, so naturally "7th Heaven" fans would want in on the nostalgia action. Well, there are currently no plans for bringing the show back — especially with disgraced star Stephen Collins' sexual abuse scandal still so fresh in everyone's minds — so

this will have to do: Several cast members showed up to support former co-star Jessica Biel as she opened a new restaurant, Au Fudge, in L.A. this weekend. Beverly Mitchell, Barry Watson, Mackenzie Rosman and Catherine Hicks stopped by to wish her well, as seen in an Instagram post by Mitchell. "Love these people like family," she wrote.

Color and fun at the Oscars

Hollywood's biggest stars ditched traditional black on the biggest red-carpet night of the year. TINA CHADHA

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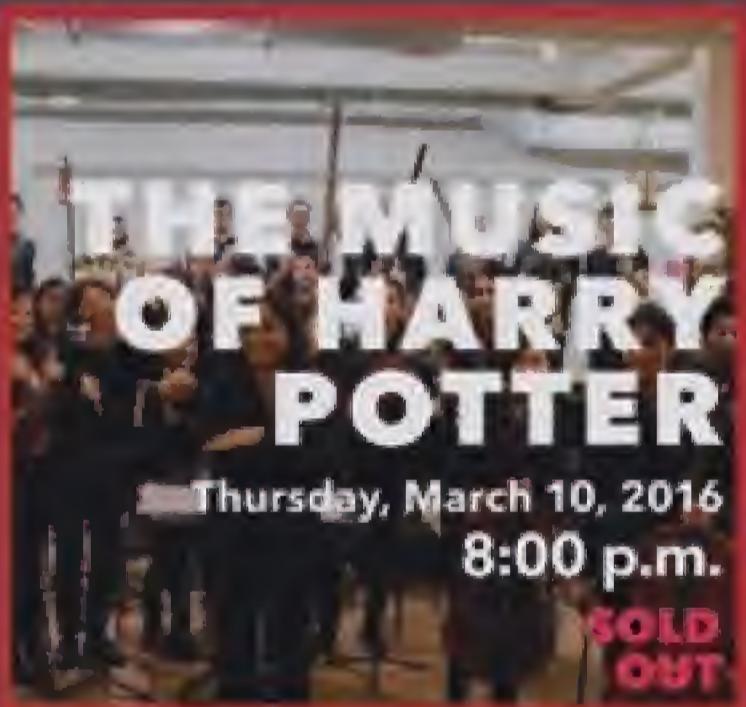
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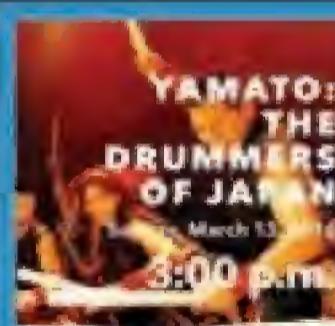
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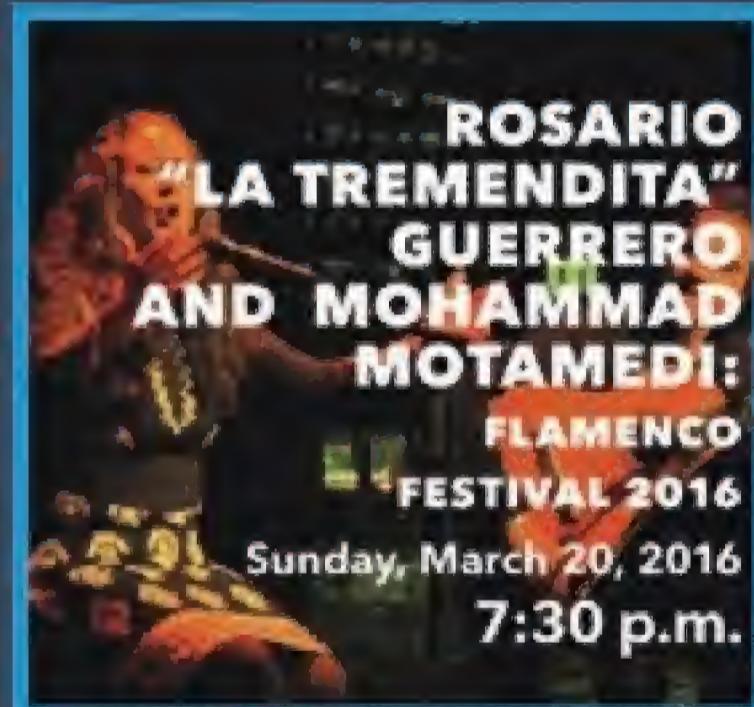
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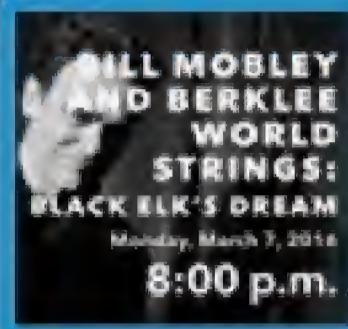
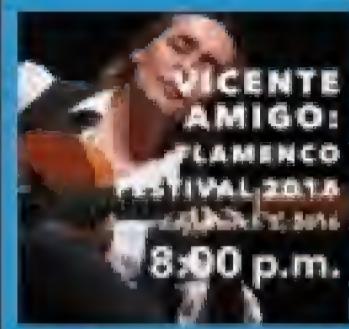
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HOW TO GET AHEAD

The art of networking for awkward people

Go ahead, talk to strangers.



ALIZAH SALARIO
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alizah.salario@metrc.us

The fine art of networking requires a little finesse and a lot of chutzpah. For those lacking both, bantering with strangers may sound as

appealing as yanking your toenails out with tweezers.

Whether you're slightly socially awkward or downright misanthropic, making connections behooves you — and your career.

"Our society is interdependent. Not one of us is going to be successful alone. We

need each other for information, support, ideas — we need to have a safety net, and that's based upon the network of people you have," says Susan RoAne, better known as "The Mingling Maven," a keynote speaker and the author of "How to Work a Room."

Here are a few tips from the experts for approaching networking with confidence and ease.

Be a giver

Networking feels awkward when "there's an undertone of an agenda," says Ashley Stahl, a career coach who helps young adults find their dream jobs. "A lot of people feel this tug and pull between getting something out of [networking] for their career and trying to be authentic. Who wants to be a taker?" continues Stahl. Instead of focusing on what

others can do for you, Stahl suggests entering a room with a "service consciousness" and the intention of helping others. This simple shift can make you less self-conscious — and more appealing to others.

Adjust your effort — and your attitude

Stepping outside your comfort zone isn't going to be a cakewalk, but it doesn't have to be torture, either.

"If you come in thinking 'I hate networking,' what you project is a sour attitude, so who's going to really want to talk to you?" says RoAne.

Making up your mind to make an effort can transform your overall networking experience, suggests Stahl. "If you're feeling a bit overwhelmed, a great way start is to give yourself a quota of how many people you're going to build a relationship with," she

says. If you meet your quota, consider it a win.

Think of networking as a way of life

Stahl recalls the time she ended up speaking to a limo driver at a party in Washington D.C., and over the course of their conversation realized he was the driver for the Clintons.

The experience was an eye-opener, she says, because it speaks to the importance of remaining open, modest and treating networking as an approach to life, not just an isolated skill.

The most effective networkers, says Stahl, tend not to draw lines between "networking" and "real life, but rather view connecting with others and having meaningful conversations as something they do at all times."

Says Stahl, "Really building deep, professional relationships brings me a lot of joy."

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Football more dangerous than MMA fighting?

MMA training may actually help your brain, according to new tests.

 MATT BURKE
@burke_metro
matthew.burke@metro.us

Former Oakland Raiders quarterback Ken "The Snake" Stabler died last July, and a report — released just prior to the Super Bowl — revealed that he had the concussion disease known as CTE.

The story did not have much shelf life in the daily news cycle.

The reason the story did not get much play is for obvious reasons — these stories are a dime a dozen these days.

While we know that pro football players who played in the 1960s, '70s, '80s and '90s played a game that was amazingly dangerous to long-term brain health, we don't yet know what the long-term effects are for MMA fighters. Dana White's UFC is much safer than the original UFC was in the early 1990s, but we're not at a point in time just yet that shows just how safe (or dangerous) the relatively new sport is.

A brain-scanning device by a company called Neuronetrix recently tested an MMA novice, 22

UFC fighters and an NFL running back at Jackson-Wink (a noted MMA training academy in Albuquerque, New Mexico) during two weeks of intense MMA training.

The results were stunning, Neuronetrix CEO K.C. Fadem said.

"We expected to see a reduction in brain activity from the fighters," Fadem told Metro. "But what we found were that all of these fighters actually had a superhuman level of brain function [during a two-week training]. Basically, what we found was that your brain has to work really fast to keep someone from punching you in the face."

Fadem and Neuronetrix typically collect data relating to Alzheimer's disease and Fadem is encouraged that the findings in the MMA training could eventually lead to new exercises to help treat many brain diseases.

"I'm thinking that a way to treat Alzheimer's patients might be to do some of this high-intensity reaction training," Fadem said.

As for the dangers of playing football versus the dangers of caged fighting, Fadem hints at the idea that MMA is actually a safer sport. For instance, when an MMA fighter gets a concussion,

he or she has weeks and often months to recover. Football players, meanwhile, are scrambling to get back on the field the very next week.

"The current standard of care from evaluating and treating a concussion is really 'make sure they don't get worse,'" Fadem said. "It's very primitive. When someone sustains a concussion, the latest theory is that the brain takes a very long time to recover from it. A lot of athletes in a lot of different sports right now might not be giving their brains the necessary time to recover."

"UFC fighters go fight to fight, and they're very concerned about their own personal health," Fadem continued. "These fighters actually want the tests. I'm not sure the owners in team sports, who have players under contract, want these tests. It's not in the best interest of teams to do these tests. In the UFC it's different. If I want to delay a fight another two months, I can do that."

Brain scanning and MMA documentary

Neuronetrix announced this week that its brain scanning device will be featured in a new documentary being produced



Keith Jardine, right, was one of the fighters tested. ALL PHOTOS GETTY IMAGES

by Todd Sampson for the Discovery Network. The documentary follows extreme athlete, entrepreneur and amateur neuroscientist, Sampson, as he trains for a mixed-martial arts fight with a professional fighter from Jackson-Wink. As part of the preparation, Sampson and other top fighters are having brain scans using Cognition, a patented, FDA-approved device which records cognitive brainwave activity. Sampson is interested in determining if there are any changes in his brain as a result of the prefight training.

Sampson, an award-winning executive from Leo Burnett, has hosted and produced several documentary series focused on brain plasticity including "Redesign My Brain" on ABC Australia and "Hack My Brain," which airs on the Science Channel. These series feature Sampson using modern neuroscience techniques to develop new cognitive skills and to adapt to complex and stressful situations such

as skywalking between buildings 21 stories from the ground.

In the episode being filmed at Jackson-Wink, Sampson will undergo only two weeks of intensive training and then fight an experienced MMA fighter. Before the training began, Neuronetrix tested Sampson and 22 other fighters, including longtime UFC stars Keith Jardine and Diego Sanchez, as well as former welterweight champion Carlos Condit. Neuronetrix also tested a professional NFL running back who was training at the facility.

Jackson-Wink is run by Greg Jackson and Mike Winkeljohn, who train many of the top fighters in MMA including current world champ Holly Holm and former world champion Jon Jones. Their training academy is also used by other professional and Olympic athletes. Both Jackson and Winkeljohn are leading advocates of athlete safety and are concerned about the potential long-term damaging cognitive

effects of the sport. By testing their athletes with the Cognition system, a cognitive baseline can be established and used to compare against if those athletes sustain a head injury during training camp or during a fight.

"Developing a cognitive baseline when the athlete is healthy can help us protect the fighters and make sure they don't do additional damage while their brain is still recovering from an injury sustained in the octagon," said Winkeljohn.

"Everyone is aware of the potential medical problems faced by athletes in contact sports. Greg and Mike are addressing the issues head-on and their efforts will result in a safer sport and fewer long-term problems for their fighters," said Fadem. "The relationship we have developed at Jackson-Wink will help Neuronetrix's efforts in bringing widespread brain testing to contact sports."

Materials from a press release were used in this report.



Wes Welker is one notable NFL player who has suffered from multiple concussions.

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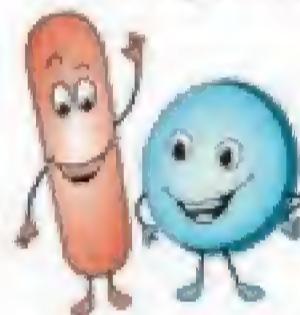


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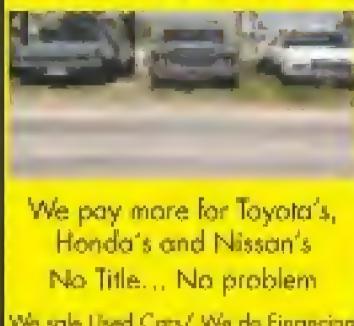
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Docket No. SU16P0207EA

Commonwealth of Massachusetts The Trial Court

Probate and Family Court

Estate of: Michael J Connors

Also known as: Michael Connors

Date of Death: 08/22/2015

Suffolk Probate and Family Court

24 New Chardon Street

Boston, MA 02114

(617) 788-8300

To all interested persons:

A Petition for Formal Appointment of Personal Representative has been filed by Deborah M Connors of Atlanta GA requesting that the Court enter a formal Decree and Order and for such other relief as requested in the Petition.

The Petitioner requests that Deborah M Connors of Atlanta GA be appointed as Personal Representative(s) of said estate to serve Without Surety on the bond in an unsupervised administration.

IMPORTANT NOTICE

You have the right to obtain a copy of the Petition from the Petitioner or at the Court. You have a right to object to this proceeding. To do so, you or your attorney must file a written appearance and objection at this Court before 10:00 a.m. on the return day of 03/10/2016.

This is NOT a hearing date, but a deadline by which you must file a written appearance and objection if you object to this proceeding. If you fail to file a timely written appearance and objection followed by an Affidavit of Objections within thirty (30) days of the return date, action may be taken without further notice to you.

UNSUPERVISED ADMINISTRATION UNDER THE MASSACHUSETTS UNIFORM PROBATE CODE (MUPC)

A Personal Representative appointed under the MUPC in an unsupervised administration is not required to file an inventory or annual accounts with the Court. Persons interested in the estate are entitled to notice regarding the administration directly from the Personal Representative and may petition the Court in any matter relating to the estate, including the distribution of assets and expenses of administration.

WITNESS: Hon. Joan P Armstrong, First Justice of this Court.

Date: February 24, 2016



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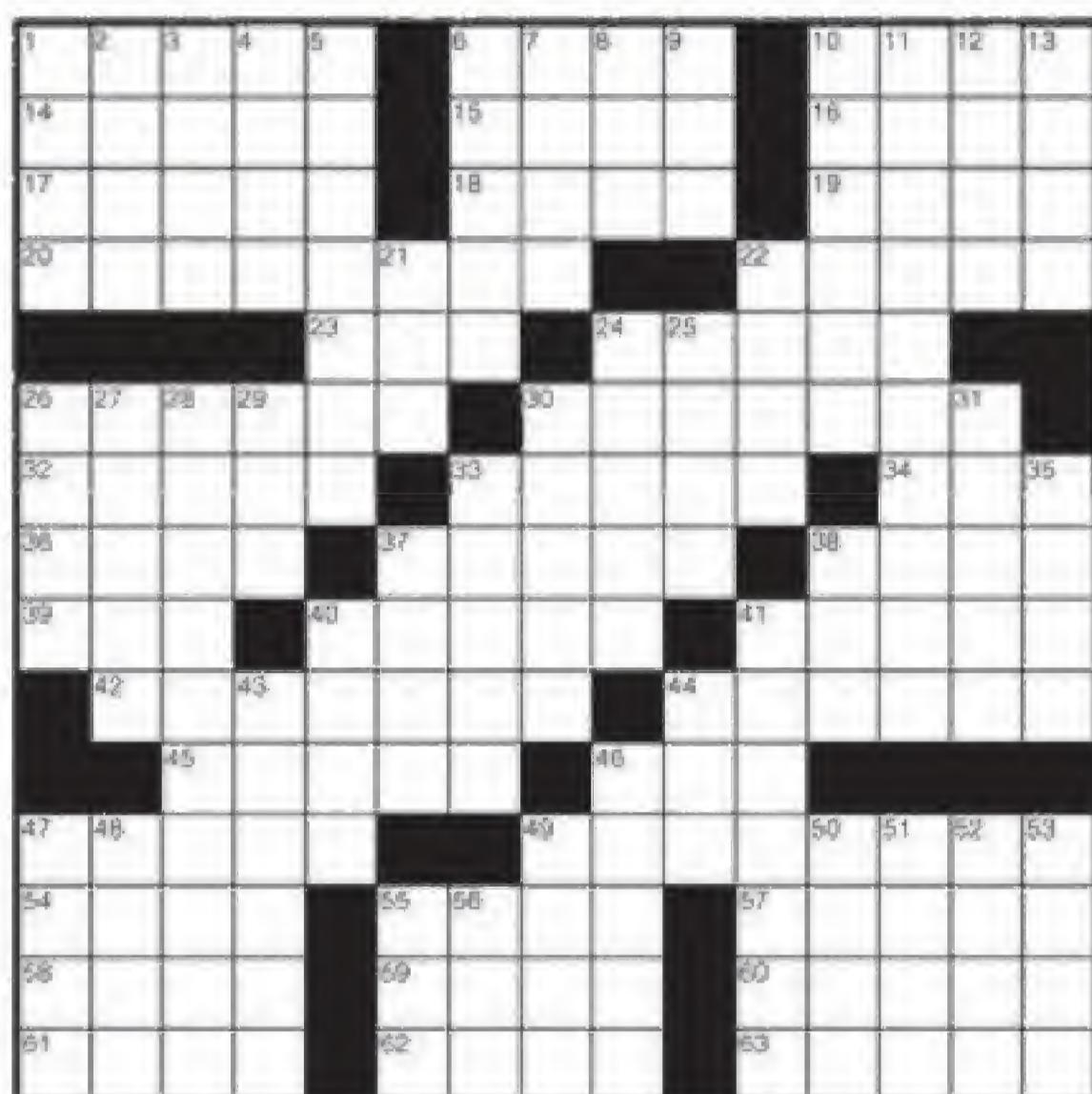
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- 17 Horrible bosses
- 18 Wrist bone
- 19 Opera box
- 20 Ain't no more (3 wds.)
- 22 Minced
- 23 Butter square
- 24 Striped animal
- 26 Word of warning
- 30 Troublesome fungi
- 32 Continental divider
- 33 Brawl
- 34 Ballpark figure
- 36 Roster
- 37 Fake diamonds
- 38 Kind of tradition
- 39 Banned pesticide
- 40 Viking incursion
- 41 Painter's ground
- 42 Round objects
- 44 Uninhibited
- 45 Moo companions
- 46 Kyoto honorific
- 47 Almanac contents
- 49 Locomotive sound
- 54 Sultry Sommer
- 55 Next in line

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/games

- 8 40-cup brewer
- 9 Youth org.
- 10 Containing NaCl
- 11 Bad-mouth sausage?
- 12 He wrote "Picnic"
- 13 Owner's paper
- 21 Feedbag morsel
- 22 Kind of ranch
- 24 Like river bottoms
- 25 Swiss painter Paul —
- 26 Unfriendly
- 27 They turn litmus red
- 28 Kind of dictionary (hyph.)
- 29 Wolf, say
- 30 Butte cousins
- 31 Flop's opposite
- 33 Stable parents
- 35 Tactic
- 37 Kind of chop
- 38 Above, to poets
- 40 Marshy areas
- 41 Ship's entry
- 43 Like laser surgery (hyph.)
- 44 — de cologne
- 46 Tear in pieces
- 47 Know somehow
- 48 It was — — mistake!
- 49 Film
- 50 Willing to try
- 51 Glimmering
- 52 Wyo. neighbor
- 53 The "G" in GTO
- 55 Head topper
- 56 Kind of system

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easy

		5			1		
		8	1	2	5	9	
2		7	9	3			
1		4					
	5	1	7	9			
				8		7	
		1	5	4	3		
9	8	6	2	5			
		2			9		

hard

		9	4				
6	4		7			1	
7				5	8		
1	5	8	7			3	
2							8
3			5	9	1	2	
	1	9				5	
2				7	6	9	
				4	7		

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Aries Don't share personal or financial information. Hard work will be your salvation and your ticket to a better position. Romance is highlighted and will bring you closer to someone.



Taurus Lighten up. Enjoy nature or the company of someone who shares your interests. Don't give in to pressure or let someone goad you into a senseless argument.



Gemini Put your responsibilities first. Avoid covering for someone trying to use you to get ahead. You can advance if you don't overload your plate while striving for perfection.



Cancer Busy yourself with promising, exciting ventures. Don't let someone who can't keep up hold you back. Once you reach the top, offer a helping hand.



Leo Observe what everyone around you is doing. You can initiate personal change if it will not disturb plans that someone has already begun to put in place.



Virgo The more you accomplish, the less time you will have to bicker with someone intent on holding you back. Do your own thing in order to gain respect and greater opportunity.

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